

Greater Heights Clubhouse

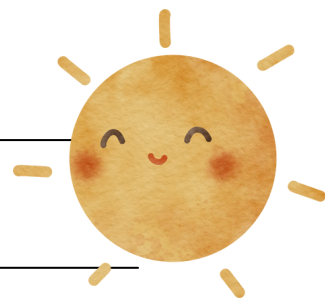
Issue No.19 | July 2025



Mission Statement:

The BCS Greater Heights Clubhouse is a community-based rehab program for Brooklynites living with mental illness. While all members in the program have a history of mental illness, many of our members also face barriers like chemical dependency, illiteracy, housing and job insecurity. Members work through these challenges in our program, gaining greater self-esteem and fighting the stigma and social isolation associated with psychiatric illness.

Our unique, collaborative model allows members and staff to work side by side to run the daily operations of the Clubhouse, gaining essential life-skills that help participants in all areas of life. This clubhouse is accredited by Clubhouse International, which works to help people with mental illness achieve their social, financial, educational, and vocational goals.



Featured Article

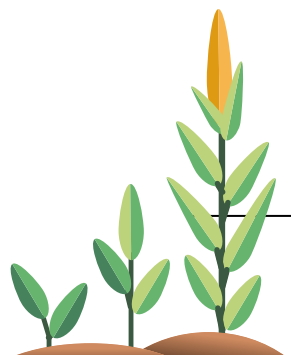
High Point Farm: Clubhouse Edition

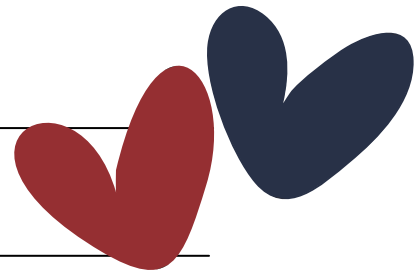
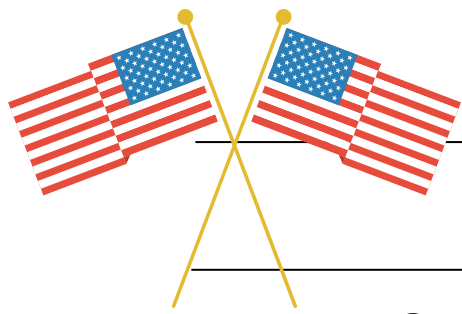
Due to my experiences at the High Point Farm (which was a lot of fun), it was all worth it. The scenery of the whole farm house was absolutely amazing; these farm home owners had anything you can even imagine, from games, to hammocks, to boats, to (of course) several types of farm animals. When Greater Heights Clubhouse members first arrived we were completely at awe. We had to look at the whole house all around. It also made us excited about going inside of the house.

Having been inside of the house, we went through the kitchen first, then the living room, as we saw a few bathrooms while we were still downstairs. Everything looked so neatly placed and inviting overall. Afterwards, we ate and chatted and hung out for a bit in and out of the house. There was a time when Members looked out around the lake near the house where there were canoes and kayaks as well.

As we were on the deck we all imagined ourselves being on a boat. There was generally so much to see. Our first stop was at the animal farms; we saw llamas, brown cows, goats and chickens. With me personally, I loved putting my hand out to the cows and letting them lick my hand. It was so much fun! I can't wait to go back.

A Article By:
Doris T





Featured Article

Our Newest American Citizen

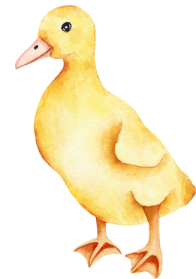
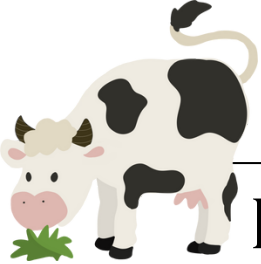
Congratulations to Vernessa Perez who just last week took her oath of U.S.A. Citizenship at the United States Court House at 225 Cadman Plaza East.

Vernessa's road to Citizenship was a long and arduous journey. That said, her perseverance and resolve to achieve her goals are highly admirable and inspirational.

Now that she is a U.S. Citizen, she is looking forward to continuing on her journey of building a better life for herself and her daughter Sarai Sue and her husband Kishan.

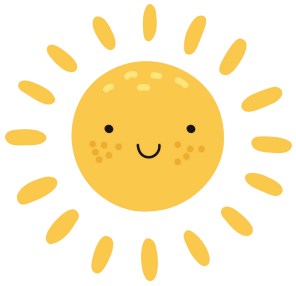
Again hearty congratulations to you Vernessa and know that we as a country are much better off for having you as one of our citizens!



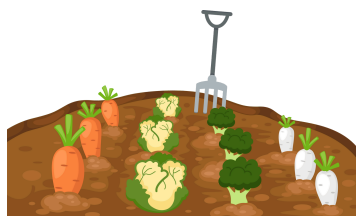


High Point Farm: Clubhouse Edition





 *The Community Garden* 





Featured Article

Art Through My Eyes



By: John C.



Featured Article

Summer Youth Interns 2025

The Greater Heights Clubhouse was blessed to have four wonderful Summer Youth Interns join us this July. They were all smart, helpful, kind and very professional. Thank you so much to our returning second year SYEP Intern Oluwadamilola (Dami) Aparara and three first year SYEP interns Aissata Sow, Eliza Xiung Chen and Bianca Frazier and for being such a terrific part of the Greater Heights Clubhouse.



A Article By: Bill L.

Featured Article

A Healing Taste of Farm Life

High Point Farm is a quaint 500-acre spot for anyone who wants a taste of farm life, attunement with Nature and a chance to breathe. Located in Montague New Jersey as an extension of Fountain House, it's complete with a chalet and bordered by a picturesque lake. When one thinks of life on the farm, barn houses with farm animals like cows, pigs, goats, sheep and chickens are what usually come to mind. Though High Point doesn't have horses and pigs, it does have cows in the form of Highland Cows that look like shaggy versions of Texas Longhorn Cows. And it does have chickens and goats! As well as alpacas! Farm fresh produce is also what comes to mind whenever farm life is thought about and that is embodied by locally grown fruits and vegetables as well as farm fresh eggs. Both of which are delivered from the farm to Fountain House. For anyone who visits, the opportunity to pick farm fresh produce is what's present! For anyone who considers themselves a country person at heart, High Point Farm is an ideal setting! The lake that borders the farm even offers opportunities for canoeing, which of course a life jacket is needed for! Hearing the call of a rooster and the gentle breezes of the wind instead of the constant honking of cars and buses is also a much needed blessing for anyone who feels more attached to the country rather than the city.

In it's own way, the farm is basically an outdoor form of respite for anyone who seeks relief from the hustling stressors of the city! Mental Rejuvenation is one of the benefits that could be gained from a visit to the farm as well as opportunities to add new skills to the repertoire belt! The atmosphere of the farm is not only picturesque, but it provides anyone who visits with the gift of mindfulness and centeredness in the present moment! Exposure around the farm animals also helps with giving a sense of things outside the usual urban circle! Opportunities in animal husbandry and farm work are also what the farm is known for. A place that exudes opportunities for healing and renewal!

Special thanks to Jane Resnick for being our driver to and from High Point Farm!



A Article By: Shaka W

Poems

The 4th Of July

Imagine the stars on the 4th of July are the fires that work to brighten the night.

What a magnificent show of life!

How wonderful would it be the enchantment of magic? For the colors of the rainbow in the stars depict who we are.

If the beauty of the ecstatic heavens light dances of dreams, what of the wonder of the past and present? How wonderful is the 4th of July, and what it represents for our individual freedom in the stars!

By: Samuel Kauril

The Little Things

Sometimes it's the little things that really count,
And I can assure and show you true love is all about,
When you have a lot on your mind I can bring you peace,

And do things special that will fulfill your needs,
Just the simple things that's needed sometimes get overlooked,

Like thanking you, listening, and even when I cook,
I know you have a lot on your plate so I'm here to ease your mind,

And I notice your perfume, outfits, and hair styles you do that makes you fine,

You do things for yourself and you deserve the best,
As your soul mate I'm here to ease the stress,
I want to do the little things that make you feel appreciated,

Because others took advantage and made you feel degraded,

The way I love you is like no other,
And I promise I will be your strength and lover,
When you are down the little things make it worth it,
Because in my eyes you will always be perfect,
So don't worry about living life alone,

And through distance I love hearing your voice thru the phone,

Just the little jokes I say put a smile on your face,
And I love to see you happy and you can't be replaced,

I can always cure you with just one touch,
And I will always do the little things that mean so much

By: Leon Sims

Poems

Faith

Fire and Brimstone
Why am I not Afraid
Because I have faith in a god
And I'm convinced that I'm saved

Even if I'm scared I'm brave
My integrity serves as a guiding lighting light,
so excuse the rant and rave
I try to be humble to increase his rays
Of shining purity, but there's so much more
you see, I embrace the Lord you see

When I heard the good news I couldn't help
believing
Faith is more important to me than what I
was achieving
More important than money
More important than gold
Hate to say it but definitely more important
than all these lost souls sold

The devil is a crafty spirit
You would think he's infinite
But I believe his time is coming to a close
Just look at revelation and the story told
Faith's supposed to be a gift
Can't force it I don't suppose
I believe in spirits
But which one we embrace is whatever we've
chose

By: Robinson Laethe

My Light

Overwhelmed with a sample of hell
Against the impure rebel I do rebel
Because the object of he is to kill steal and
destroy
So my objective in turn is to be humble as a
boy

I wonder, it's one thing after another
No shoulders to lean on sometimes not
brothers
It's like by design I am alone
Just me my god my service and I should find
my way to a new home

Cursed is the man who's got dark energy
Blessed am I even amidst my enemies
I try to occupy my own space but
sometimes there's invaders who won't let
me be

I want freedom. But maybe it's in the
messiah
I want ambition again but maybe I can't
handle that fire
Has been of sorts but I almost don't mind
As long as I have my god and my light

By: Robinson Laethe

Poems

Sight Seeing

This is sight seeing
2025 being
I catch the allure
Of witnessing events even more

Than before
Because I yield to the concept
That last days are here
No need to fear monsters

When your blessed beyond measure
I don't say too much about my treasure
Great price, something of a pearly parable
It's not like the next man is going to go and tattle tale

No, but swine will tear me to pieces
So I won't cast what's holy before em
Let me digest and up score em

But this is not competition with fellow sinners
This is love for the brethren I never found
Like a lost boy in Neverland, I'll go another round

...

I started watching the news independent
Found some info about something that'll make a
sinner go to penance
It just feels like times up
At the very least this sucks

But alas I rejoice
I don't think this is relapse
Just because I watch news sources
And others drool over sportscasts

But it's all about faith anyway
I value useful truths any day

By: Robinson Lorthe

Who I Could've Been

I don't want to think about possibilities
Of who I could've been
I could have been a rhyme beast
Who's words brought great sin

I could've been a comic who entertained
thousands
I could have been making people laugh being
childish

I could've dealt with depression from a career
I could have spent time in bars drinking beer

Or I could have been preaching on the street all
alone
Condemning people as heathens only for them to
throw stones

I could have been making money, a living maybe
family
I could have disobeyed the truth; no one wants to
be damned you see

But I have a light of the most high which dwells
with me
So all your earthly belongings to hell with thee

I have everything I need. Everyone I need
To want more could pass as sin and greed
I'm blessed to have what I have
Because I have faith I won't be under the Lord's
wrath

By: Robinson Lorthe

Poems

Communication

The not so secret admirer
The fire starts
Gotchu in my vision
The game of an undercover Christian

I listen
Respond to what I'm hearing
And some considerate words
Are what you're endearing

I believe in art as an art form
My words aren't just retired weapons
They can create storms

At last, my opponent is sadness and misery
Because I know those well, they're kind of akin to me

Enjoy provoking both smiles and laughter
But the world is cold, only safe havens can properly welcome my soul

That's why my smile is hidden for the most part
And my thought out responses reflect that I've got heart

Snake charmer, he does it for protection
In a world full of reptiles giving hurt and rejection

I don't care how you try to qualify in my eyes
I stick to my guns and want to feel alive

Damage is damage, gentleman doesn't like it,
Brutal words hurtful soul, connect then I gotta ice it

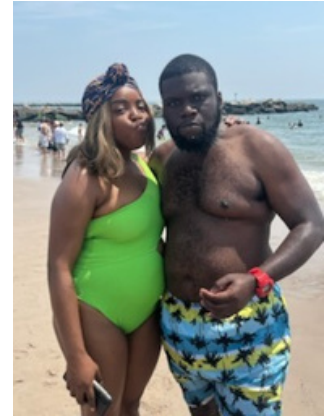
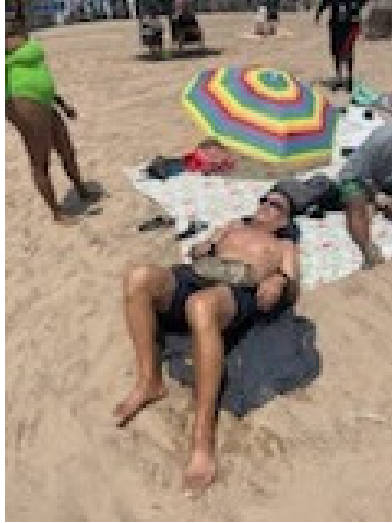
I realize I'm not all that pleasant
Just a prince in the clothing of a peasant

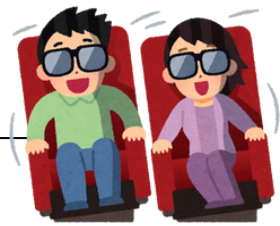
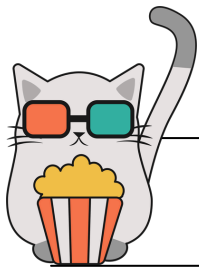
By: Robinson Lortie



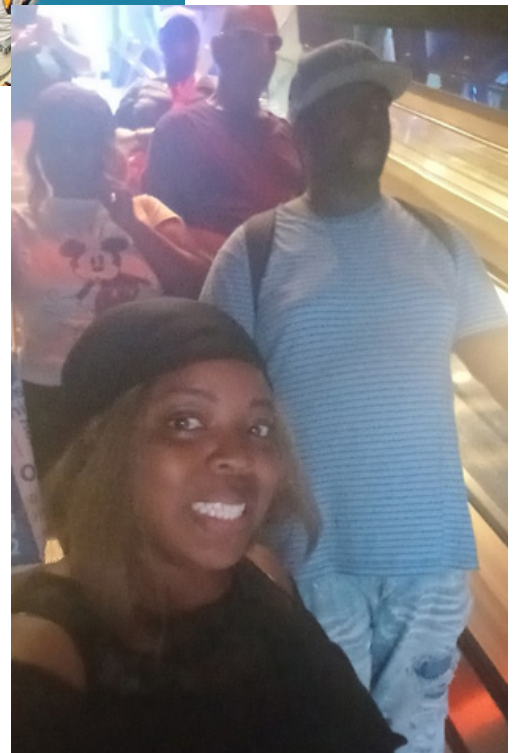
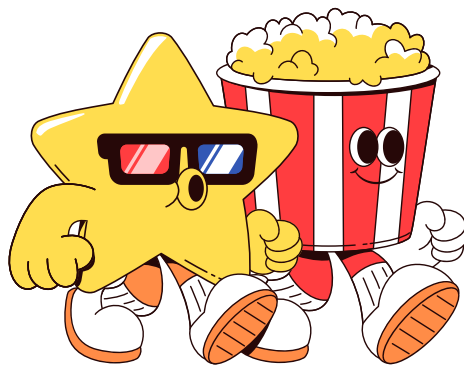
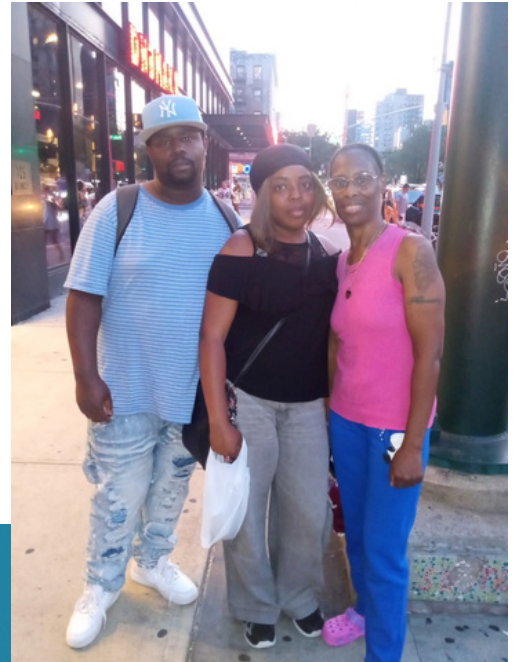
Beach

Coney Island Breeze





A Movie Under The Stars



July Birthdays

First Name	Last Name	Date
Suzette	D	7/14
Eden	F	7/27
Robinson	L	7/12
Zevi	S	7/1
Sotiri	S	7/18
Eugene	T	7/9
Lawrence	B	7/2
Greigh	M	7/10
David	P	7/28
Shaka	W	7/17
Stefanie	C	7/4
LeRoy	J	7/12
Kadisha	M	7/3
Leon	S	7/2
Delisa	B	7/15
Tawanna	M	7/20
Juanita	M	7/30
Mariya	E	7/5
Fahim	S	7/14
Mikhail	S	7/22
Malcolm	N	7/13
Desmond	Mc	7/24
Cory	H	7/3
Jasper	H	7/15
Sherman	H	7/24
Charise	W	7/2
Rampersaud	L	7/1
Thomas	F	7/12
Julie	M	7/10
Angela	N	7/6
Michael	M	7/15
Isabel	M	7/8
Theresa	B	7/22

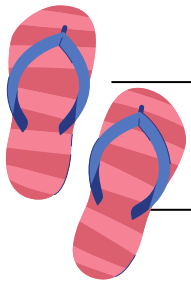


Upcoming Month Birthdays



First Name	Last Name	Date
Anthony	S	8/8
Brianna	M	8/20
Christopher	G	8/4
Cindy	F	8/14
Cynthia	D	8/21
Damien	H	8/9
Donovan	N	8/13
Estelle	K	8/15
Gabriel	C	8/8
Gary	C	8/22
Gregory	P	8/5
Isabella	T	8/9
Jabarie	A	8/26
Janelle	S	8/6
John	C	8/25
Jonathan	G	8/3
Juan	V	8/27
Lavone	S	8/25
Michael	G	8/15
Miguel	C	8/22
Norma	M	8/20
Omar	J	8/17
Patricia	J	8/26
Paul	W	8/5
Shaun	H	8/25





Upcoming Events

Fourth of July BBQ - July 4th

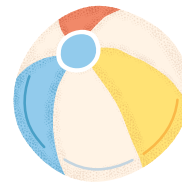
Medgar Evers Film on John Lewis - July 16th

Beach Trip - July 26th

Hudson Valley Club Trip - TBD

Highpoint Farm Trip - July 28th

AMC Movie Night - July 29th



Ongoing Clubs/Workshops



Music Workshop - Saturdays at 11AM - 1PM

Basketball - Friday at 1:30PM - 2:30PM

Academy of Peer Services Study Group

Anger Management Group - Saturday at 1:30PM

Men's/Women's Group

Horticultural/Planting Group



Information Page

BCS Greater Heights Clubhouse (FKA East NY Clubhouse)

The primary goal of BCS Greater Heights Clubhouse is to assist our members in their process of recovery from the effects of persistent mental illness and social barriers. We strive to help people to integrate more fully into their communities and to live more independent lives. Our ability to succeed depends on the generosity of the wider community.

If you would like to support our cause, please contact us by email: greaterheightsclubhouse2697@gmail.com

Donations can be sent to:

BCS Greater Heights Clubhouse at 980 Halsey Street Brooklyn, NY 11207.

FYI: Checks must be made payable to **Brooklyn Community Services**. PLEASE identify that funds are dedicated to the BCS Greater Heights Clubhouse. Thank you!

BCS Greater Heights is dedicated to the principles of self-help, peer support, employment training and placement, by focusing on our Members individual strengths and talents.

Important Note: Currently our hours of operation are Monday thru Friday 9AM to 8 PM and every Saturday from 9AM to 5PM. Additionally, we will continue to operate a virtual platform for remote participation at specific prescheduled times.

For more info, Visit us on the web:

<https://wearebcs.org/what-we-do/services-for-people-living-with-disabilities/greater-heights-clubhouse/>



BCS, Greater Heights Clubhouse

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